

Carlsbad Senior Center • 799 Pine Avenue • 760-602-4650

Activities and times are subject to change. Please call 760-602-4650 for more information, or visit www.carlsbadconnect.org click on Adults 50+ for a current activities calendar. All activities are free unless otherwise noted.

Computer Room

Also see Computer Class listings on following pages.

Open Lab: Hours vary; current schedule available at Senior Center front desk or call 760-602-4650 for more information. Volunteers are available to assist with computer usage.

PC Users Group: Meetings on 2nd, 3rd and 4th Thursdays from 1-3 p.m.

Dance ♥

Line Dancing: Have fun learning choreographed dances to all types of rhythms such as rumba, cha cha, swing, tango, and polka. No partners necessary.

Beginner: Mondays, 12:30-2 p.m.

Intermediate/Advanced: Tuesdays, 9:30-11:30 a.m.

Hawaiian Dance: Come and learn the charming dances of Hawaii both modern and ancient. As a beginner, you will learn the steps first, then the arms and then slowly learn a dance. The atmosphere is friendly, warm and loving.

Beginning/Intermediate: Wednesdays, 2-4:30 p.m.

Intermediate/Advanced: Fridays, 12:45-2:30 p.m.

Middle Eastern Belly Dance for Seniors: Learn basic moves, combinations and choreography in this fun and low-impact way to get fit, stay active and bring out your inner spirit! Wednesdays, 9:30-10:30 a.m.

Spanish Flamenco Dance: Nicki Vaccar, who has studied in Spain, brings the flavor of Spain to Carlsbad. Fridays, 9:15-10:15 a.m.

See also Dances under Social Gatherings.

Extended Hours

Beginning September 7, the center will be open Saturdays from 9 a.m.-1 p.m., with access to billiards room, computer lab, fitness room and lounge.

Fitness ♥

Fitness Room: Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the front desk to sign up.

Laughter Yoga: Stretching, breathing and laughing exercises that enhance relaxation and health. Enjoy "laughter for no reason!" Thursdays, 10:30-11:30 a.m.

Games

Bingo: Tuesdays, 12:30-4 p.m. Doors open at 12:30 p.m. Play for cash prizes. Bingo Game Packets stop selling at 1 p.m. Games begin at 1:15 p.m. Sponsored by the Carlsbad Senior Citizens Association. There is a fee for bingo packets.

Chess: Tuesdays, 1-4 p.m.

Mah Jongg: Tuesdays, 8 a.m.-12 noon and Wednesdays, 12:30-4:30 p.m.

Party Bridge: Fridays, 12:30-4 p.m. Seating is limited to first come, first served. 50¢ fee per game.

Ping Pong: Tuesdays and Fridays, 12:30-4 p.m.

Pinochle: Wednesdays, 12:30-4:30 p.m.

Scrabble: Wednesdays, 12:30-4:30 p.m.

Wii Games: 1st Thursdays, 1-3 p.m.

Hobbies & Personal Enrichment

Audiomobile: A traveling audio library that plays nostalgic radio programs for your listening enjoyment. Thursdays, 10 a.m.-12 p.m.

Book Club: 2nd Mondays, 1-2:30 p.m. See website or newsletter for upcoming titles.

Digital Photo and iPad Classes: Check newsletter for details. 3rd and 4th Wednesdays, 10-11 a.m. and 1-2 p.m.

Discussion Group: Catch yourself talking back to the radio or the TV? This is an opportunity to get to know others, and stay informed on various topics of interest. 1st, 3rd and 5th Fridays, 9:30-11:30 a.m.

Five-in-One-Joy Class: The class will teach the true meaning of joy that comes from both inner peace and physical wellness. The five elements are: flower design, high tea, silence, classical music, and micro muscle manipulation. Wednesdays, 9:30-11 a.m.

Needlecraft: Come socialize with others while working on your own project. Help is available to get you started if you need assistance. Tuesdays, 8-11 a.m.



Primordial Sound Meditation: Mondays, 9:30-10:30 a.m. (Intro session, 9-9:30 a.m.). A powerful practice for moving beyond the mind's constant stream of thoughts into the stillness of pure awareness, enabling you to let go of stress and enter a state of deep restful awareness.

Senior Readers Theater: Readers Theater is telling stories using a script. No need to memorize your part. **Meets offsite** 1st and 3rd Mondays, 1 to 3 p.m. Call 760-602-4650 for more information.

Spanish Classes:

Level I: for newcomers and beginners, emphasis on pronunciation, diction and grammar. Mondays, 9-10 a.m.

Level II: for intermediate students, focus on advanced grammar and sentence structure. Mondays, 10-11 a.m.

Level III: for advanced students, features reading and conversation. Mondays, 11 a.m.-12 noon.

Stamp Collectors: Trade, talk stamps, show and tell and learn stamp values. Open to all philatelists; new and experienced. 2nd Fridays, 10:30 a.m.-12 noon.

Writers Group: The Writers Group attendees write stories about family history, WW II adventures, childhood memories, and business experiences. Members may choose to share their stories and have them critiqued. Mondays, 9-11 a.m.

Writing Our Lives: Tuesdays, 1-4 p.m. Use life stories, our memories as springboards to tell our stories. Students will participate in a series of timed writings from prompts designed to help them remember and share specific memories. Drop-ins welcome.

Other Services

Call 760-602-4650 for details on any of the programs below. All services free, until otherwise indicated.

AARP Driving: Emphasizes how to adjust your driving in response to aging. Each two-class session costs \$12/AARP members, \$14/non-AARP members. 3rd and 4th Thursdays. Call for a reservation.

Ask an Attorney: 3rd Tuesdays of each month. 12-3 p.m. by appointment only.

Ask the Physical Therapist: 2nd Thursday of each month. 9:30-11:30 a.m. by appointment only.

Blood Pressure Screening: Tuesdays, 8:30-11 a.m. Hearing Screening: 1st Wednesdays, 9:30-10:30 a.m.

Diet & Nutrition Counseling: 1st Tuesday, 9:30-11:30 a.m. Call for an appointment with a registered dietitian.

Please see Dance, Fitness and Special Interest sections for more Adults 50+ classes.

Activities and classes with ♥ offer a health and wellness benefit to the participant.

HICAP Health Insurance Counseling: Tuesdays and Fridays. Reservations required; call 800-434-0222 for an appointment.

Legal Services: Call for appointment; 760-439-2535 x 205.

Nutrition: Delicious and nutritious, meals are served Monday-Friday, 11:45 a.m.-12:30 p.m. for ages 60 and up. Reservations must be made by 8 a.m. on the date you wish to dine by calling 760-602-4655. Lunch served promptly at noon. A donation is requested. Guests under age 60 accompanying a senior may dine for \$5 per person.

Home meal delivery is available for homebound Carlsbad seniors; donation for each meal is requested. Call 760-602-4650 for information on home meal delivery, or to volunteer.

Transportation: Available for shopping and medical appointments for Carlsbad residents, age 60 and up, who can no longer drive. A donation is requested for each trip. Reservations required.

VA Assistance: Learn information about eligibility and benefits available through the Veterans Administration and the CA Dept. of Veterans Affairs. Last Tuesday of each month, 9 a.m. to 12 noon.

Social Gatherings

Dances: 1st Thursdays, 1:30 p.m. Live Big Band music and refreshments. \$4.

Armchair Theatre: 3rd Tuesdays, 1 p.m.

Monthly Movies: 2nd Thursdays, 1 p.m. Free popcorn!

Extended Hours

Beginning September 7, the center will be open Saturdays from 9 a.m.-1 p.m., with access to billiards room, computer lab, fitness room and lounge.

Computer Classes

Computer & Technology Essentials

Does technology seem like a foreign language? Learn about a variety of projects you can carry out using computers, and what you need to know about available software. Know the difference between PCs and Macs; when to integrate your computer with a smartphone; and about Wi-Fi, flash drives, Bluetooth and more!

Senior Center: Computer Room

Instructor: Lavinia Istrate

Age: 50Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|------|-----------|------|-----------|
| 58297 | 10:00am-12:00pm | F | Sep 13-20 | 2c | \$24/\$34 |
| 58298 | 10:00am-12:00pm | Tu | Oct 8-15 | 2c | \$24/\$34 |
| 58299 | 10:00am-12:00pm | Tu | Nov 19-26 | 2c | \$24/\$34 |
| 58582 | 10:00am-12:00pm | F | Dec 6-13 | 2c | \$24/\$34 |

Computer Basics

Conquer your fear! Learn the basics in order to operate your PC computer, learn to use their most used features; how to place personal pictures on your computer desktop; and to use folders to organize your documents and pictures. Identify when to use CDs, flash drives, hard drives and more.

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| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|------|---------------|------|-----------|
| 58285 | 10:00am-12:00pm | Th | Aug 22-Sep 12 | 4c | \$48/\$58 |
| 58286 | 10:00am-12:00pm | F | Sep 27-Oct 18 | 4c | \$48/\$58 |
| 58292 | 10:00am-12:00pm | Tu | Oct 22-Nov 12 | 4c | \$48/\$58 |
| 58293 | 10:00am-12:00pm | W | Nov 27-Dec 18 | 4c | \$48/\$58 |

Internet & Email Essentials

Discover how the Internet works! Learn to navigate the web easily. Learn how to create your own email account, along with sending, receiving and managing emails. We will also cover how to create, manage and use your contacts' list. Leave this class with enough knowledge to have fun on the Internet!

Senior Center: Computer Room

Instructor: Lavinia Istrate

Age: 50Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|------|---------------|------|-----------|
| 58289 | 10:00am-12:00pm | Tu | Aug 20-Sep 10 | 4c | \$48/\$58 |
| 58290 | 10:00am-12:00pm | W | Sep 18-Oct 9 | 4c | \$48/\$58 |
| 58291 | 10:00am-12:00pm | Th | Oct 17-Nov 7 | 4c | \$48/\$58 |

Internet & Email: Beyond the Basics

Pre-requisite: Internet & Email Essentials. Learn how to safely find, organize and manage favorite websites and save them to the toolbar for easy, daily use. Discover how to delete browsing history and other tracking information; set a personalized homepage; use Google maps; attach pictures, documents or other miscellaneous files.

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Age: 50Y and up

| CLASS# | TIME | DAYS | DATE | TERM | R/NR FEES |
|--------|-----------------|------|--------------|------|-----------|
| 58300 | 10:00am-12:00pm | Tu | Sep 17-Oct 1 | 3c | \$36/\$46 |
| 58301 | 10:00am-12:00pm | W | Oct 16-30 | 3c | \$36/\$46 |
| 58302 | 10:00am-12:00pm | Th | Nov 14-Dec 5 | 3c | \$36/\$46 |